

Amendments to the Abstract:

The Abstract has been amended as listed below. Please replace the Abstract with the Abstract attached.

ABSTRACT

Product (~~1~~), and training equipment (~~2~~) comprising said product, to measure the effectiveness and efficiency of warming-up or winding-down physical exercises performed by an individual characterized in that it comprises a temperature sensor (~~3~~) to read the body temperature of said individual and means to monitor a variation in the body temperature of said individual produced as a result of said exercises compared to said temperature readings.